

8 SUCCESSFUL PEOPLE –VIDEO SESSION

A- Watch the video and answer the following questions:

1) What does Barack Obama do in the morning?

2) What time does Jennifer Aniston wake up?

3) What does “The Rock” drink in the morning?

4) What does Oprah do when she wakes up?

5) What does Warren Buffet recommend?

6) What does Tommy Robbins do?

7) What time does Queen Elizabeth wake up?

8) What does m Ferris write?



B – Write True or False:

1 – Barack Obama sleeps 5 hours.

2 – Jennifer drinks coffee in the morning.

3 – “The Rock” does cardio.

4 – Oprah reads a book in the morning.

5 – Warren eats a healthy snack.

6 – Tommy visualizes his day.

7 – The queen reads the news.

8 – Tim Ferris meditates for an hour.

C – Complete.

I wake up at _____ then I _____
_____ and _____. I work
at _____. It takes me
about _____ to check my
emails. After that I _____

_____.

I sometimes _____
and on Saturdays I always _____
_____ and I
usually _____.

On Sundays I never _____
_____.
